

# AT A GLANCE BULLETIN



Army Community Service 61 Quebec Street, BLD 683 Fort Devens, MA 01434–4479 Serving the Military in New England

December 2013







# **DECEMBER** 2013 Army Community Service



## Fort Devens Welcome Center

61 Quebec Street, Building 683 ACS Hours of Operation 0730-1600 Monday -Friday

> https://www.devens.army.mil ACS TELEPHONE NUMBERS

978-796-3023/3119 DSN 256-3023/3119

MILITARY ONE SOURCE

1-800-342-9647

www.armyonesource.com

### FROM THE OFFICE OF THE ACS DIRECTOR



### **Imelda Fisher**



<u>Saturday</u>, <u>14 December 2013</u>: Wreaths Across America is a nonprofit organization founded to continue and expand the annual wreath laying ceremony at Arlington National Cemetery and other Military cemeteries. If you would like to sponsor a wreath to be placed on a veteran's grave during the wreath ceremony that will be held at the Fort Devens Post Cemetery on **Saturday**, <u>14 December 2013</u>, at <u>10AM</u>. please access the Wreath Across America link above. This link will take you directly to the Fort Devens Post Cemetery site. For more information go to:

http://give.wreathsacrossamerica.org/site/TR?fr id=1434&pg=entry

### **Tips for Managing Holiday Stress**

(Katherine Driscoll) The holidays are filled with magic and joy, but they can also be very stressful. Here are a few tips to keep your SANITY during the holiday season.

- 1. Lower your expectations: Whatever you will be celebrating, there is NO such thing as a "perfect" holiday. Let go of the pursuit of the perfect toy, the perfect dinner, tree and decorations. Those only exist in movies and not real life.
- 2. Once a day, pause and reflect: Just for a few minutes a day, think about what the holiday season means for you and your Family; the blessings and the positive moments over the years. These could be moments that don't make any sense to anyone other than you. Take it in and be proud of you and your Family.
- 3. Keep your routine: It is important to keep routine, schedules and predictability. To save your sanity, keep consistent routine for your kids such as bed times, dinner, and bath.
- 4. It's OK to opt out of festivities: Don't deprive yourself of holiday festivities, but if those events cause disturbances or unnecessary frustration and stress, it's OK to say NO. Don't feel bad, it really is OK.
- 5. Have an outlet for yourself: Take a neighborhood walk. The outdoors gives us fresh air, Vitamin D and new things to look at and think about. Do the small things that make you happy.
- 6. Get some sleep: Schedule changes can disrupt sleep cycles for you and the children.

- 7. Try to relax: It doesn't have to be a day at the spa. Make time for you with things that restore YOU like some quiet time while drinking your coffee, listening to music, watching TV or any way that allows you to decompress. You DESERVE to relax.
- 8. Be proud of you: You are doing the best you can. Don't let the holiday season stress you out. You are doing great. Believe in yourself.

### **FINANCIAL**

### Saver Checklist

This checklist is made up of characteristics of successful savers, which include debt management. It can serve as a useful starting point for evaluating one's savings preparedness.

Check off your savings accomplishments to see how you're doing.

Have a financial plan with savings and debt management goals.	
Don't rely on financial windfalls from gambling or winning the lottery.	A family that is prepared
No payday loan, car title loan, or other high-cost debt.	financially is a happier family
No credit card debt that is increasing.	
In addition, no credit card debt or unpaid monthly balances.	Dis DUCTORIO INTO
Affordable (or no) car and student loan debt payments.	18.00 P. 0
Save a portion of your income.	☐ familysha
In addition, save at least 5% of your income.	
Have an emergency fund to cover \$500 of unexpected expenses.	
In addition, have enough in an emergency fund to cover three months of regular expenditures.	
At work, contribute regularly to a retirement account.	
Outside work, contribute regularly to an account for retirement.	
Outside work, make these or other savings deposits automatically.	
Own home with affordable (or no) mortgage payments.	
Own home and expect to pay off mortgage before retirement.	





### Fort Devens 2013 Holiday Party

### Civilian Welfare Fund

Date: Thursday, 19 December 2013

**Time:** 1200

**Location:** Command Conference Room, BLD 679, 31 Quebec Street, Devens, MA

**RSVP:** Head count needed NLT 6 December 2013. Please include guest if attending to Sandy

Burson.

Please join us in celebrating the 2013 Holiday Season. Point of contact for this event is Sandy Burson at 978-796-2126 or <a href="mailto:sandy.l.burson.civ@mail.mil">sandy.l.burson.civ@mail.mil</a>

### **SOLDIER & FAMILY**

**Operation Homefront Holiday Toy Distribution:** 



<u>Military TSA Precheck:</u> As the holidays are fast approaching, many service members and their families will be traveling. Beginning Dec 20,2013, Transportation Security Administration and Department of Defense has announced a partnership to expand TSA Precheck expedited screening benefits to all members of the US Armed Forces, including those who are serving in the US Coast

Guard, National Guardsmen and Reservist. This will also include Wounded Warriors (as well as the caregivers for Wounded Warriors)This partnership expands the current TSA Precheck lanes to all 100 airports offering TSA Precheck.

Department of Defense and Transportation Security Administration Partner to Provide Military TSA Precheck at 100 Airports.

http://www.militaryonesource.mil/12038/MOS/DoD\_TSA\_Precheck.pdf

<u>VA Dental Insurance:</u> VA is partnering with Delta Dental and MetLife to allow eligible Veterans, plus family members receiving care under the Civilian Health and Medical Program (CHAMPVA), to purchase affordable dental insurance beginning Nov. 15, VA officials announced today. More than 8 million Veterans who are enrolled in VA health care can choose to purchase one of the offered dental plans. This three-year pilot has been designed for Veterans with no dental coverage, or those eligible for VA dental care who would like to purchase additional coverage. Participation will not affect entitlement to VA dental services and treatment.

There are no eligibility limitations based on service-connected disability rating or enrollment priority assignment. People interested in participating may complete an application online through either Delta Dental, <a href="www.deltadentalvadip.org">www.deltadentalvadip.org</a>, or MetLife, <a href="www.metlife.com/vadip">www.metlife.com/vadip</a> beginning Nov. 15. Coverage for this new dental insurance will begin Jan. 1, 2014, and will be available throughout the United States and its territories.

Also eligible for the new benefits are nearly 400,000 spouses and dependent children who are reimbursed for most medical expenses under VA's CHAMPVA program. Generally, CHAMPVA participants are spouses, survivors or dependent children of Veterans officially rated as "permanently and totally" disabled by a service-connected condition.

Historically VA's free dental services have gone to Veterans with dental problems connected to a medical condition that's officially certified as "service connected." Free dental services will continue for those Veterans.

For more information on VADIP, visit <u>www.va.gov/healthbenefits/vadip</u>, or contact Delta Dental at 1-855-370-3303 or MetLife at 1-888-310-1681.

Veterans who are not enrolled in the VA health care system can apply at any time by visiting <a href="https://www.va.gov/healthbenefits/enroll">www.va.gov/healthbenefits/enroll</a>, calling 1-877-222-VETS (8387) or visiting their local VA health care facility.

<u>USO Photo Book Program:</u> Now friends and family can create a 20-page personal photo book and ship it to any APO, FPO, or MPO address for **free.** These full-color, 5x7 soft cover books fit perfectly in a soldier's cargo pocket, yet hold over 60 photos. RocketLife prints the books for free, and the USO pays for shipping

http://uso.rocketlifeproduction.com/



### Hanscom Clinic and Pharmacy Nov/Dec Upcoming Closures:

**Nov** Closures for the Hanscom Clinic and Pharmacy:

22 Nov - The Clinic and Pharmacy will close at 1100 for Wingman Day

28 Nov - The Clinic and Pharmacy will be closed all day for Thanksgiving

29 Nov - The Clinic and Pharmacy will be closed all day for AFMC Family Day

**Dec** Closures for the Hanscom Clinic and Pharmacy:

6 Dec - The Clinic and Pharmacy will close at 11:00 for Readiness training

25 Dec - The Clinic and Pharmacy will be closed all day for Christmas

If you need to contact the on call provider during these times, please call 781-225-6789. Visit the Hanscom 66th Medical Squadron online http://www.hanscom.af.mil/units/clinic/index.asp

### **UPCOMING EVENTS AT TICKETS AND TOURS**

TICKETS AND TOURS, (781) 225-6505/6498 Hanscom AFB, 98 Barksdale Street Bldg <a href="http://www.hanscomservices.com/">http://www.hanscomservices.com/</a> PREPAID ORDERS ONLY!! Payment is due at the time the order is placed. Once the order has been placed there are no refunds.

Call Tickets & Tours for more information or to reserve your spot today! (781) 225-6505



Featuring:

• round-trip
transportation on luxury
Silver Fox CD/DVD/WiFi
motor coach

 first balcony seats at Boston Symphony Hall

**Wednesday, December 11:** Depart from Hanscom AFB Tickets & Tours parking lot at 6 p.m. (bldg 1530), on a luxury Silver Fox CD/DVD/WiFi Motor Coach.

Celebrate the magic of the season with a sightseeing tour through Boston Common to see the tree and lights. Then experience Boston's beloved Christmas tradition: the Holiday Pops at Boston Symphony Orchestra. Keith Lockhart conducts the 8 p.m. performance and Santa will make an appearance. Arrive home at 11 p.m.

Cost: \$92 per person

Call Tickets & Tours for more information or to reserve your spot today! (781) 225-6505

# HANSCOM AIRMAN AND FAMILY READINESS CENTER December 2013

Please Call 781-225-2765 to Register

Serving the total force...Programs are free to all single and married Active Duty, Reserve, and Guard personnel, DoD civilians, retired Military personnel and Family members

MILITARY FAMILY LIFE CONSULTANTS (MFLCs) - MFLC provides free, short-term, non-medical, solution-oriented counseling on a range of issues. For service members and their families – no records are kept. Call (781) 879-7654 and leave your first name only for an appointment!

PRIVATE SECTOR RESUME CRITIQUE - Sessions are held by appointment only. Resumes are reviewed by an A&FRC employment specialist with HR experience – a great opportunity for feedback to improve your resume format and content. Email your resume 66.FSS.FSFR.CMB@hanscom.af.mil. You will receive a response in 3-5 business days. Prior attendance at an A&FRC resume writing class is recommended.

<u>VETERANS AFFAIRS DISABILITY CLAIMS REVIEW</u> – Will be held be by appointment only. A representative from AMVETS, a veterans' service organization, will assist you in processing your disability claim and answer questions. Call the AMVETS Service Representative at (617) 303-5698 for an appointment.

<u>FEDERAL RESUME CRITIQUE (By Appointment Only</u>) - Resumes are reviewed by employment specialists — a great opportunity for feedback to improve your resume format and content. Email your federal resume and the applicable Vacancy Announcement to 66.FSS.FSFR.CMB@hanscom.af.mil. You will be contacted for an appointment after we have reviewed your resume. Prior completion of the A&FRC Federal Resume Writing for USAJOBS Class is strongly recommended.

### INSTALLATION COMMANDER'S WELCOME

Monday, December 2; 8:00 a.m. — 11:30 a.m. Airman and Family Readiness Center, Bldg 1218 Your official introduction to Hanscom AFB features essential base and local community information for new arrivals. Spouses & other service personnel at HAFB encouraged to attend! Medical Squadron Welcome for Clinic beneficiaries follows at 11:45.

<u>FAMILY WELCOME</u> — Bring the children! Tuesday, December 3; 9:30 a.m. — 11:00 a.m., Bldg 1217 Receive money saving tips and shopping information while learning about schools, recreation, local attractions, safety, security, education, employment and more in an informal setting. <u>HOW TO COPE WITH WINTER BLUES</u> Tuesday, December 3, 2:00 p.m. - 3:00 p.m.

When the late autumn and winter months roll around, do you ever start to feel a loss of energy, have more difficulty concentrating, or lose interest in activities you used to find pleasurable? If so, you may be experiencing the "winter blues." Join Hanscom's Military and Family Life Consultant to learn more about this seasonal phenomenon and what you can do to counteract its effects.

<u>PRESEPARATION COUNSELING</u> Wednesday, December 4, 11, 18; 9:00 a.m. — 11:00 a.m. Weekly sessions for separating & retiring service members to complete the mandatory DD Form 2648, Preseparation Counseling. The session provides critical information about benefits, resources and services available as you transition from military to civilian life. By law, this counseling must be provided at least 90 days prior to your date of separation or retirement. Service members must complete the counseling prior to attending the Department of Labor (DOL) Employment Workshop. **PREPARING FOR HOMECOMING: REUNION BRIEFING FOR SPOUSES AND** 

<u>CHILDREN</u> Wednesday, December 4; 3:00 p.m. – 4:00 p.m. (simultaneous sessions for spouses and children ages 6 and older) If you are anticipating a reunion with your service member within the next two months, please join us for two special briefings that will help you and your children prepare for the big event. In these interactive workshops, you'll receive practical suggestions for coping with reunion and reintegration, and the children's session will feature fun reunion activities and a personalized gift for the returning parent.

NOT HOME FOR THE HOLIDAYS? Thursday, December 5: 12:30 p.m. - 1:30 p.m.

Learn to celebrate like New Englanders! Receive and share information on events, attractions, and public transportation options. Start some new Northerner traditions. Bring your lunch.

<u>FEDERAL RESUME WRITING AND USAJOBS</u> Thursday, December 5; 12:30 p.m. – 4:00 p.m. Improve your odds of getting the federal job you want by learning resume writing basics, how to locate essential skills and keywords to include, how to write accomplishment statements and essays, resume builder formats, and more.

**"T" PUBLIC TRANSPORTATION & CITY ORIENTATION** Friday, December 6; 9:00 a.m. — 4:00 p.m. How to navigate the local public transportation system and obtain information on events and attractions. Ride into Boston with us using the "T." All you need is \$5 for subway fares (Children 11 & under free with paying adult.). Bring your lunch or purchase downtown. Part of official newcomer orientation; military service members do not have to take leave to attend.

**EFFECTIVE JOB SEARCH STRATEGIES** Monday, December 9; 11:00 a.m. – 1:00 p.m. Will discuss how to identify your skills, interest, and personal characteristics and align them towards a career of choice. Discuss how to research industries to find job opportunities, and then tailor your message to the hiring manager. Bring your lunch.

### BUNDLES FOR BABIES Tuesday, December 10; 9:00 a.m.—3:00 p.m.

If you are in your second or third trimester, please join us and learn about caring for your newborn, budgeting for baby, to work or not to work, TRICARE coverage, dental care, base and community resources, SIDS, shaken baby, newborn appearance, breastfeeding, car seat safety, Baby-Makes-Three, and much more. This seminar is sponsored by the Air Force Aid Society and is open to all branches of service and DoD civilians. Baby bundles are available for AF, Navy, Marines, and Army families. For DoD civilians, the A&FRC will make up a gift just for you. Dads are strongly encouraged to attend!

### E-SMOOTH MOVE SEMINAR Wednesday, December 11; 11:00 a.m. — 12:00 p.m.

Learn how to navigate the new internet based resources designed for PCS moves, and where to get answers to your questions about your upcoming move. Informational handouts will be provided. Bring your "smart" device and follow along with us on our WIFI. **Bring your lunch. Spouses Welcome!** 

### MOVING WITH CHILDREN Wednesday, December 11; 12:15 p.m. — 1:00 p.m.

Parents! Please join us for this special presentation immediately following the E-Smooth Move Seminar. We'll discuss tips and techniques to help make moving and adjustment to a new school easier for your children whether it's their first move or their 15th.

# <u>TRANSITION ASSISTANCE PROGRAM WORKSHOP</u> Monday - Friday, December 16-20; 7:30 a.m. – 3:45 p.m. Hanscom Conference Center, Building 1106

· All military attendees must have completed DD Form 2648 (Preseparation Counseling) prior to the workshop. Mandatory for all service members. Spouses welcome. Assists voluntarily & involuntarily separating & retiring service members with career & life transition. This 5-day program consists of a DOL Employment Workshop, a VA benefits briefing, application for VA Benefits, modules on financial planning, Military Occupational Code (MOC) Crosswalk & preparation and review of Individual Transition Plans (ITP). All military attendees must be enrolled in eBenefits.va.gov prior to the workshop. Please bring your own laptop /device, copies of medical records, LES, credit report; ITP, VMET, OPRs / EPRs (or equivalent) and transcripts (CCAF), and complete the Pre-TAP Assessment for Service Members and Spouses:

http://icesvys.disa.mil/go.cfm?PreTapAssessment. Pre-Registration is required;

<u>THRIFT SAVINGS PLAN INSIGHT</u>—'Lunch and Learn' Wednesday, December 18; 12:00 p.m.—12:45 p.m. Join us at a lunchtime seminar and learn more about your TSP investment choices. How much are you allowed to contribute? Can you roll over your TSP to an IRA to get more

investment choices? Can you roll your TSP into a Roth IRA? Get your TSP questions answered Sponsored by the Hanscom Federal Credit Union. FREE lunch is provided.

HEARTS APART- "Holiday Party" Wednesday, December 18; 5:30 p.m. —7:00 p.m.

**The Minuteman Commons** Families of deployed, remote tour and extended TDY service members are invited to join us for a festive celebration of the winter holiday season! Please RSVP (and let us know how many are attending) by Friday, December 13 to 781-225-2765 or e-mail 66.FSS.FSFR.CMB@hanscom.af.mil

<u>RELAX!</u> Thursday, 19 December, 11:30 am – 12:30 pm Take a well-deserved break from the stress of the holiday season with Hanscom's Military and Family Life Consultant. Learn 7 techniques and experience how to truly, intentionally commit to adding relaxation to your schedule.

\*\*\*PLEASE NOTE: All classes are subject to change. Please confirm the date and time.

### **Family Advocacy Outreach**

**CELL PHONE COLLECTION:** The Family Advocacy Program collects used and old cell phones, and distributes them to local domestic violence agencies. Drop off phones, batteries, and chargers to the Family Advocacy Program, Bldg 1217. Please put each phone and its accessories in a sealed, plastic bag.

WIC, a nutrition and education program for income-eligible expectant parents or parents with children age birth to five is located on base. \* WIC is located in Bldg 1507 \*. WIC is on base the first and third Wednesday of each month from 0800 to 1530. For WIC appointments or information, call (617) 312-9974.

<u>First Connections-</u> Is a non-profit, family support organization that provides comprehensive services to families with young children birth through age five. First Connections serves a large geographic area that encompasses twelve metro-west communities, including Hanscom Air Force Base. All programs are free or low cost. More information is available on their website <a href="https://www.firstconnections.org">www.firstconnections.org</a> or by calling 781-287-0221.

### **EMPLOYMENT READINESS**

#### **Free Vocational Training for Veterans**

The Veterans Training School (VTS) is recruiting unemployed and under-employed Veterans for the following vocational free vocational programs: Apply today! Email Andrew Moyseowicz or call 617-371—1810. Find more online at www.nechv.org

<u>Career Opportunities:</u> An update that we now have a "Career Opportunities" link on our website which will have all the information regarding our current job opening, description, and how to apply... <a href="http://www.veteransinc.org/about-us/career-opportunities/">http://www.veteransinc.org/about-us/career-opportunities/</a>

<u>Labor Ready</u>: Provides temp jobs to those interested in gaining work experience, want some extra cash, or need immediate income when between jobs or need seasonal work. Flexible work hours; get paid the same day. Over 600 locations throughout the United States. http://www.laborready.com/Temporary-Employment The above information is provided as a community service. No endorsement of events, products or services by the DoD is implied or intended. For more information, contact the company directly.

Free Resume Help for Military Members: The below website is where Service Members can get free resume writing help and the course schedule. http://www.networkri.org/centers.htm

<u>USA JOB:</u> JOB OPPORTUNITIES ON THE BASE - Remember to go to <u>www.USAJOBS.GOV</u> and search for Newport, RI if you are interested in finding out and applying for positions open onboard the Naval Station. Current opportunities include a Motor Vehicle Operator that's open through next week. Spread the word! USAJOBS - The Federal Government's Official Jobs Site <u>www.USAJOBS.GOV</u> This is a United States Office of Personnel Management website. USAJOBS is the Federal Government's official one-stop source for Federal jobs and employment information.

**Job Search:** Below please find a link to critical skills needed at Booz Allen Hamilton. Please share with your contacts and have all interested email me their resumes and I will submit on their behalf – this speeds up the review process. Also, applicants must identify the job skills qualification from the list. <a href="https://erp.bah.com/hotjobs.htm">https://erp.bah.com/hotjobs.htm</a>

Website: Career Resources for Veterans: The Defense Centers of Excellence (DCoE) recently collaborated with PBS to produce a handbook for military families. Created as a companion to the PBS series "This Emotional Life," A Handbook for Family & Friends of Service Members explores the stressors and feelings individuals may encounter throughout the different phases of deployment. The handbook aims to provide solutions for Service members and identifies outside tools and resources that may be useful to friends and family members before, during and after deployment. Topics include what to expect during deployment and how to strengthen or repair relationships. Order the handbooks from the Real Warriors Campaign website at <a href="http://www.sc.edu/career/Webresources/veterans.html">http://www.sc.edu/career/Webresources/veterans.html</a>

http://www.realwarriors.net/materials/order

Hanscom AFS: Resources <a href="http://www.hanscom.af.mil">http://www.hanscom.af.mil</a>

Massachusetts Career Information System: http://masscis.intocareers.org/default.asp

Veterans Employment Services (978) 534-1481 x 117www.wmoore@detma.org

Orion International: info@orioninternational.com

### **RELOCATION READINESS**

ACS has listings for apartments or houses to rent. List is updated as housing is made available to us. Call 978-796-3023. ACS Electronic Welcome Packets <a href="https://www.devens.army.mil">https://www.devens.army.mil</a> or call 978-796-3023

Moving and Relocation Information: Terrific tips to make moving easier. http://afmove.hq.af.mil/Default.asp

**TRICARE Information at Hanscom AFB:** 

Hanscom AFB offers a monthly Newcomer Orientation Medical Clinic welcome to all

new patients every Tuesday from 1300 to 1500. It is strongly recommended that Army personnel attend so they can find out about their provider, how to access emergency services, and referral. Telephone: 781-377-2120

### **FORT DEVENS SERVICES:**

<u>Fort Devens Mail and Distribution</u>: Mail & Distribution Hours are as follows. The Door will be open for box pick up between the following hours.0730 AM to 1600 PM. Window pick up 0900 AM to 1200 PM 1230 PM to 1430 PM

<u>Education Office:</u> The 99<sup>th</sup> RSC Education Office is located at 30 Quebec Street, (Building 666) Fort Devens, in Rooms 328,326, and 324. POC is Lee Achenback at 978-796-2968. Services include educational and career counseling, GI Bill questions and issues, tuition assistance, financial aid and scholarship information as well as test administration and test proctoring.

Police Services Division: Vehicle Registration and Fingerprinting

0930-1030 / 1500-1600 or By Appointment.

Police: 978-796-3333

**Physical Security: 978-796-2061** 

Carlson Wagonlit Travel/Veterans Travel: 800-945-0535 or 402-345-7596

Devens Legal: 978-796-2255 Education Office: 978-796-2868

AAFES / Clothing & Sales: 978-772-6838 / 2065

Photo Section DA Photo: 978-796-2559

Fort Devens ID Cards 978 - 796-2130, Building 683

Billeting: Bldg. 978-796-3201

**Distance Learning Center: 978-796-3612 / 2605 / 2626** 

**Transportation: Passenger** 978-796-2141/ or 2393 Freight 978-796-2832/ or 2840

**Vehicles:** 978-796-2141

MASSACHUSETTS RESOURCES: USO New England: http://www.uso-

newengland.org/index.htm

Massachusetts Parks: <a href="www.state.ma.us/dem/forparks.htm">www.state.ma.us/dem/forparks.htm</a>
Massachusetts Wildlife: <a href="www.state.ma.us/dfwele/dfw">www.state.ma.us/dfwele/dfw</a>

State of Massachusetts Child Care Finder: <a href="www.qualitychildcare.org">www.qualitychildcare.org</a>
<a href="Massachusetts">Massachusetts Getaway Guide: <a href="http://www.mass-vacation.com/">http://www.mass-vacation.com/</a>

Massachusetts's area Guides net: http://massachusetts.ags.myareaguide.com/

Boston and Local Area Concerts: http://www.bostonconcerts.com/